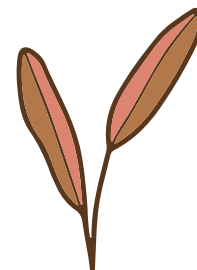


DECEMBER NEWSLETTER



PROF DOMINIC ROWE

Thank you to all those who were able to attend our November meeting at Mount Colah to hear Professor Rowe's excellent address on the research he and his team at Macquarie University Hospital have been undertaking on Motor Neuron and Parkinson's Diseases.

Key Takeaways from Professor Rowe's address follow:-

- **PD is very common:** >1.5% over 65 years.
- **Men>women 2:1** Parkinson's disease has doubled in Australia over the last 25 years to >130,000 people in 2025.
- **No two patients are identical:** 30% have no tremor.
- **PD is rarely genetic:** The causes are likely due to environmental exposures.
- **Careful diagnosis is required:** Consider alternative and concomitant diagnoses.
- **Therapy must be tailored to the individual with the goal of reducing symptoms.** The best therapeutic approaches for patients with Parkinson's disease include:
 - Dopamine replacement therapies, including Levodopa
 - Structured routine exercise
 - Maintenance of a balanced healthy diet and lifestyle
- **Longitudinal expert coordinated management is key:** Monitor for unintended effects of therapy.



Cheryl Herne, Prof. Rowe,
Rose Parkin

Prof Rowe's address, filmed by our Webmaster, Terri Weston, can be found in Parkypeople.com Gallery and a video is also linked below.

WATCH THE VIDEO:
CLICK HERE



COMING EVENTS

Fri. 5 Dec. 11.00am - 2.00pm	 Parky Christmas Party 	Asquith Golf Club Lord St, Mt Colah
Sun. 7 Dec. 9.30am - 10.00am	Choir - Wahroonga Village Fair <i>IN UNIFORM * be sure to arrive by 9.15am</i>	Railway Ave & carpark Wahroonga
Thurs. 11 Dec. 10.00am - 11am	Choir - Hornsby Ku-ring-gai Hospital <i>IN UNIFORM * be sure to arrive by 9.45am</i>	Palmerston Rd Hornsby
Thurs. 11 Dec. Thurs. 8 Jan. 12.00pm - 2.00pm	Craft Group (free) (then 2 nd and 4 th Thursdays)	42 Bouvardia St Asquith
Tues. 16 Dec. Tues. 13 Jan. 10.00am	Walking Group (free) (then each Tuesday)	Asquith Park, Mills Ave, Asquith
Fri. 19 Dec. Fri. 16 Jan. 11.30am-12.30am	Exercises (then each Fri. except first of month, \$10 per session)	Mt Colah Community Centre 6X Pierre Cl, Mt Colah
Thurs. 5 Feb. 10.00am-11.30am	Parkinsong (then each Thursday, \$15 per session)	Turrumurra Seniors Centre Gilroy Rd, Turrumurra
Fri. 6 Feb. 10.00am-12.00pm	Members' General Meeting (then first Fri. of month)	Mt Colah Community Centre 6X Pierre Cl, Mt Colah

CHRISTMAS PARTY - SPECIAL NOTICE

RSVP: By 1ST DECEMBER

BOOKINGS: To JOHN MOORE, EVENT COORDINATOR
johnmoore2908@gmail.com 0484 750455

COST: \$40 pp (Also advise any dietary requirements)

ACCOUNT: Hornsby Ku-ring-gai Parkinson's Association

BSB: 814-282

Number: 51215824



RAFFLE PRIZE AT THE CHRISTMAS PARTY OF A BEAUTIFUL QUILT



Lovingly made by
Rosemount
Quilters,
Pennant Hills



EXERCISE CLASSES

The following is a message from Felicity Neale, our wonderful Exercise Physiologist and Personal Trainer who provides our members with an excellent and varied program three Fridays each month at the Mount Colah Community Centre:-

“Working with this group has been one of the highlights of my last two years. Your determination, sense of fun, and willingness to keep trying – even on the rough days – is inspiring.

Thank you for welcoming me into your community. I hope the Christmas season brings rest, connection, and moments of ease. Looking forward to seeing you again in the new year.”



Felicity Neale
Body Management Systems
Program creator & head instructor
Strength With Purpose
☎ 0400 390 591



"BRINGING SCIENCE AND COMMUNITY TOGETHER"

The November Public Forum of the Macquarie University Parkinson's Disease Research Clinic was led by Professor Simon Lewis, Professor of Cognitive Neurology and Clinical Head of Australia Parkinson's Mission. This annual event brings researchers, patients, carers and clinicians together and celebrates the clinic's PhD candidates and postdoctoral fellows, whose work spans the full spectrum of Parkinson's research—from big-data analytics to brain stimulation and quality-of-life interventions.

The Mission is supported by the Federal Government and was set up to establish a series of trials to help increase an understanding of Parkinson's Disease and treatments.

Professor Lewis was guest speaker at one of our Monthly Members' Meetings last year. Thanks to Rose, we have been able to secure world renowned scientists addressing our Association.

Some of the topics covered in the Forum included:- Deep Brain Stimulation; Treatment for Freezing of Gait; Visual hallucinations.

Two little tips from the Forum:-

- Exercise at least three times per week; and
- Probiotics help with constipation.

Prof. Lewis' website is - www.profsimonlewis.com/ and you will find an extensive array of research videos in his Video Library.



CHOIR – CHRIS DAVIS / PARKINSONG

What a delight it has been conducting the wonderful Chris Davis choir for another year. Rehearsals are always such a pleasure as members arrive with positive spirits and leave feeling even more uplifted from the joy of singing together.

The choir has had several performance opportunities this year, performing at Hornsby Hospital again and at Royal North Shore Hospital for the first time. We farewelled some very special members of our choir this year but what an honour it was to perform at the celebrations of Andy Maher and Adrienne Irving's lives. We are finishing off the year bringing some Christmas cheer to Christophorus House and Regis and then performing for the wider community at the Wahroonga Fair.

Choir members have been very supportive of my various other choir adventures throughout the year, including a very special trip to Estonia with my Estonian choir, Kooskõlas in July, where we sang as part of a massed choir of about 30,000 singers! It bucketed with rain almost the whole time but this photo shows the magical moment when the sun broke through the clouds as we performed with the mixed choir!

If you've not come along to choir, I implore you to give it a go! You don't need to be a good singer or have any musical experience to join - plenty of our members have taken up singing for the first time with the choir, so you won't be alone, and some singers who've sung in choirs their whole lives like to add harmonies that make everyone sound great! Singing is a fun way to use your voice in a powerful way that strengthens your speaking voice as well as your singing and research has demonstrated that it is good for mental health and wellbeing by reducing stress and anxiety and improving your mood thanks to the endorphins released when you sing, particularly in a group! We'd love you to join us in 2026!

Dr Naomi Cooper (she/her)

B. Mus (Hons I), Ph.D, AKC (Primary)

Choral conductor, music educator, vocalist & guitarist

Adjunct Research Fellow, Creative Arts Research Institute, Griffith University

President (NSW & ACT Chapter), Australian National Choral Association

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CHOIR AT CHRISTOPHORUS HOUSE

Our Choir thoroughly enjoyed the opportunity to sing mostly Christmas Carols to residents of Christophorus House Retirement Village, Hornsby (20.11.25). We sang in a beautiful garden setting with birds in the trees above trying very hard to outdo us at times. Many of the residents sang along with us and they all had a good laugh when hearing, probably for the first time, *Australian Jingle Bells*, with Diana Sidney expertly providing the jingle bells effect at the right times.

We have been invited to come again next year and, as requested, we will then distribute the lyrics amongst the audience. We concluded, of course, with *I'm Still Me* which was very warmly received.

Our wonderful Choral Conductor, Dr Naomi Cooper, introduced us and provided contact with the audience throughout as well as leading us with expressive encouragement to produce our best. Bruce was, as always, great on the keyboard and Naomi also provided guitar support. A very uplifting morning finished off with a coffee in a neighbouring cafe.



LIVING WITH PARKINSON'S

Written by Anastasia Climan RDN CDN, Medically reviewed by Kiran Chaudhari MBBS MD PhD. Aug.16 2023

Exercise is good for the body and mind, especially when living with a chronic condition like Parkinson's disease. However, tremors and balance issues can make finding safe ways to stay active difficult. Stationary bikes can be a good option at home, in the gym, or during physical therapy appointments.

Depending on your starting fitness level and symptoms of Parkinson's, you can consider supervised training sessions or a solo workout. Here are seven benefits you can expect from bike therapy.

1. Better Motor Control
2. Improved Balance and Fewer Injuries
3. Healthier Heart
4. Boosted Dopamine Use
5. Less Fatigue and Insomnia
6. Enhanced Cognitive Function
7. Greater Social Connections

Studies show that cycling can be a beneficial form of exercise for people living with Parkinson's disease, offering a safe way to stay active despite tremors and balance issues.

To find out more about the benefits of bike therapy, [click here](#).



WHAT IS THE COMMITTEE CONSIDERING?

The Committee elected at the October AGM has met and the following items were raised for action:-

- Investigating Monetary assistance (grants, rent relief).
- Review of the Strategic Plan and the Statement of Purpose.
- Updating the Membership ID Form.
- Our present Pamphlet will be updated as soon as the current stock is exhausted.
- Investigating possible gigs (singing events).
- The BBQ, Concert, Christmas Party and the Westfield promotion were considered highlights in the 24/25 year with the latter securing donations and one new member. It will be an annual event.
- The possibility of establishing a Buddy System.
- All Association members to think about donating items for possible raffles as a shared responsibility. It was felt that many members might have appropriate items for a raffle at home which they no longer need.



HAVE A STORY FOR THE NEWSLETTER?

Please send to the Newsletter Editor

(Helen Jordan - keithandhelenjordan@iinet.net.au, or phone: 0425 339 841):-

- any tips for inclusion in the next Newsletter;
- or any news and photos you would like to share

If you'd like to contribute a story, the suggested word length is up to 200 words. Photos can be portrait or landscape.



CONTACT CALLS

Please advise Pam Beattie, our Welfare Officer, if you know someone who would welcome a call from Pam - 0435 716 392



JOKE OF THE MONTH

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognises you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity any more.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent, but I don't remember what country I was in. It's an age thing!